

# o10

Orange Workout 10 – <http://duvide.com/workouts/o10> (online video instruction)

Minute	Direction	Technique
<b>1</b>	F	<b>Jog-step</b>
Intensity 2		Jump from one foot to other only high enough to let rope pass.
<b>2</b>	F	<b>Heels-to-butt</b>
Intensity 4		Thrust heels to buttocks alternately.
<b>3</b>	F	<b>Heels-to-butt criss-cross</b>
Intensity 6		Thrust heels to buttocks alternately while criss-crossing arms.
<b>4</b>	F	<b>Jog-step</b>
Intensity 2		Jump from one foot to other only high enough to let rope pass.
<b>5</b>	F	<b>Leg-swing</b>
Intensity 7		Jump on one foot and swing other leg back and forth as far as possible. Change legs after 10 jumps.
<b>6</b>	F	<b>Leg-swing</b>
Intensity 7		Jump on one foot and swing other leg back and forth as far as possible. Change legs after 10 jumps.
<b>7</b>	F	<b>Switch grip UH to OH - jog-step</b>
Intensity 3		Jump the jog-step and switch from underhand grip to overhand grip.
<b>8</b>	F	<b>Jog-step OH</b>
Intensity 3		Hold handles in overhand grip and jump the jog-step.
<b>9</b>	F	<b>Kick-step OH</b>
Intensity 5		Hold handles in overhand grip. Jump on each foot two times, every second jump swing for a kick.
<b>10</b>	F	<b>Kick-step criss-cross OH</b>
Intensity 3		Hold handles in overhand grip and jump the kick-step while criss-crossing arms.
<b>11</b>	F	<b>Jog-step OH</b>
Intensity 7		Hold handles in overhand grip and jump the jog-step.



<b>12</b>	<b>F</b>	<b>Extend-arms-to-side OH</b>
Intensity 6		Hold handles in overhand grip and stretch arms as wide as possible sideways jumping with closed feet.
<b>13</b>	<b>F</b>	<b>Switch grip OH to UH - jog-step</b>
Intensity 3		Jump the jog-step and switch from overhand grip to underhand grip.
<b>14</b>	<b>F</b>	<b>Closed-feet skip</b>
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.
<b>15</b>	<b>F</b>	<b>Squad-skip arms-cross</b>
Intensity 10	<b>All-out!</b>	Start by jumping with closed feet then cross arms in front body. With 3 jumps go down into squat holding this position. Stay there for 10 jumps then go up again.
<b>16</b>	<b>F</b>	<b>Jog-step</b>
Intensity 2		Jump from one foot to other only high enough to let rope pass.
<b>17</b>	<b>F/B</b>	<b>Swing change forw/backw w. side-swing &amp; half-turn</b>
Intensity 5		Swing change from forward to backward with side-swing and half turn. You are now jumping backward but your back faces the clock. Do a 180 degree turn by incrementally turning towards the clock to continue with more techniques jumping backward.
<b>18</b>	<b>B</b>	<b>Sprint-step backward</b>
Intensity 9	<b>All-out!</b>	Alternate high knee with each rotation spinning rope backwards.
<b>19</b>	<b>B</b>	<b>Jog-step</b>
Intensity 3		Jump from one foot to other only high enough to let rope pass.
<b>20</b>	<b>B</b>	<b>Slow-hop</b>
Intensity 2		Jump as slowly as possible with closed feet (no intermediate jump).
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